

Grilled Tilapia with Smoked Paprika and Parmesan Polenta



Ingredients

Polenta:

- 4 cups fat-free milk
- 1 cup quick-cooking polenta
- 1/4 teaspoon salt
- 1/3 cup (1 1/2 ounces) grated Parmesan cheese

Fish:

- 1 1/2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 (6-ounce) tilapia fillets
- Cooking spray

Preparation

- To prepare polenta, bring milk to a boil in a medium saucepan; gradually add polenta, stirring constantly with a whisk. Reduce heat, and cook 5 minutes or until thick, stirring constantly; stir in 1/4 teaspoon salt. Remove from heat. Stir in cheese; cover and keep warm.
- To prepare the fish, heat a large nonstick grill pan over medium-high heat. Combine oil, paprika, garlic powder, 1/2 teaspoon salt, and pepper in a bowl, stirring well. Rub fish evenly with oil mixture. Coat pan with cooking spray. Add fish to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.